Author Index

Achterberg, Cheryl L., research brief, 43
Ackard, Diann, article, 329, 335
Alexy, Ute, research brief, 94
Amos, Rosalie J., article, 161
Anderson, Jennifer, article, 21, 204; report, 225
Anderson, Molly D., article, 304
Anderson, Pete, ed. mat. review, 290
Andress, Elizabeth L., ed. mat. review, 289
Anliker, Jean, article, 2
Arbeiter, Barbara, GEM, 177
Arnold, Catherine Greenwell, article, 130
Ashraf, Hea-Ran L., GEM, 177
Atallah, Eileen, GEM, 285A

Banz, William J., GEM, 177
Barnard, Neal, article, 314
Barnhart, Carolyn, ed. mat. review, 180
Bauer, Brooke, ed. mat. review, 182
Beardsworth, Alan, article, 296
Benavente, Janet C., report, 139
Bermúdez, Angela, article, 152
Bertron, Patricia, article, 314
Beyers, Joanne, article, 341
Bhandari, Rajika, article, 214
Binkoski, Amy E., ed. mat. review, 236
Bisogni, Carole A., article, 240, 251
Bonello, Harby, article, 152
Bosch, Ann, GEM, 60C
Boudreau, Nancy, report, 139
Bowdish, Elizabeth, research brief, 261
Brown, Guendoline, GEM, 60B
Burden, Trina, report, 104
Byrd-Bredbenner, Carol, GEM, 60A; article, 187
Byrne, Elena M., ed. mat. review, 357

Calamaro, Sarah, ed. mat. review, 356
Carruth, Betty Ruth, article, 146
Chang, Vivian, ed. mat. review, 180
Ciliska, Donna, article, 341
Clark, Lois, GEM, 233C
Clutter, Ann, GEM, 233C
Cohen, Nancy, GEM, 285A
Coker, Janice, ed. mat. review, 127, 360
Coleman, Gayle, GEM, 353A
Coletta, Frances, article, 146
Cook, Laura, article, 14
Crusey, Susan, GEM, 233C
Cunningham, John, GEM, 285A

Daponte, Beth Osborne, article, 72
Davis, Carole A., viewpoint, 111
Davis, Sally, article, 2
Davis, Yolanda, article, 14

Derrickson, Joda, article, 21
Devine, Carol M., article, 320
Donovan, Ursula, article, 341
Drake, Linda, article, 152

Edmonds, Kalia, article, 314
Escobar, Alyson J., viewpoint, 111
Evans, Marguerite, article, 2

Falk, Laura Winter, article, 240, 251
Fang, ChengShun, GEM, 119C
Ferris, Ann M., article, 152
Finckenor, Mary, GEM, 60A
Foote, Ruth Anne, GEM, 233C
Freitick, Elizabeth, ed. mat. review, 126

Gabel, Kathe A., ed. mat. review, 235
Gittelsohn, Joel, article, 2
Glatzmeier, Darlene, GEM, 60C
Goldberg, Jeanne P., article, 304
González, Anir, article, 152
Goode, Jackie, article, 296
Gould, Susan Martin, article, 204
Grasso, Darlene, article, 187
Gray, Angelique Sullivan, report, 56
Gregg, Tami, ed. mat. review, 127
Grein, Teresa, ed. mat. review, 358
Guldan, Georgia S., ed. mat. review, 360

Haas, Bruce, GEM, 353A
Haggans, Carol J., report, 49
Haldeman, Lauren, article, 152
Hampl, Jeffrey S., letter to the editor, 186; GEM, 285b
Haslam, Cheryl, article, 296
Hedley, Margaret, report, 104
Heppes, Joann, SNE president's message, 239, 295
Herringshaw, Doris, GEM, 233A
Himebauch, Lynn, GEM, 353A
Himmelgreen, David, article, 152
Holdsworth, Megan, ed. mat. review, 237
Holdsworth, Michelle, article, 296
Holladay, Lori, ed. mat. review, 181
Holmes, Pat, GEM, 233C
Houston, M. Sue, report, 139
Hurlock, Donna, article, 314

Janowski, Jon, ed. mat. review, 67
Johnson, Diane, GEM, 233C
Johnson, Sarah C., ed. mat. review, 290
Josyula, Arun Kiran, ed. mat. review, 360

Kasik-Miller, Susan, ed. mat. review, 69
Keil, Teresa, article, 296

Kendall, Pat, report, 225
Kersting, Mathilde, research brief, 94
Kissinger, Millie, article, 14
Kloppenburg, Jack R., ed. mat. review, 355
Knieja, Debbie, ed. mat. review, 293
Knous, Barbara Lohse, research brief, 169; ed. mat. review, 181, 182, 292
Kolasa, Kathryn, ed. mat. review, 359
Krummel, Debra, ed. mat. review, 69

Lero, Donna S., report, 104
Lindquist, Dain, ed. mat. review, 358
Livingston, Sally, ed. mat. review, 180
Longo, Mary F., GEM, 233A
Ludeman, Pat, ed. mat. review, 179

Macpherson, Catherine, report, 49
Magnus, Marcia H., GEM, 119A
Marsh, Susan, report, 104
Martin, Judy K., ed. mat. review, 127
Mattson, Christine, ed. mat. review, 127
McKenzie, Jeannie, research brief, 100
McNallan, Julie, ed. mat. review, 356
M.ndez, Ivette, article, 152
Miles, Elizabeth, article, 341
Miller, Barry M., research brief, 100
Miller, Carla K., research brief, 43
Miller, Carol R., ed. mat. review, 68
Mitchell, Diane C., research brief, 100
Moe, Jillian, article, 329, 335
Moran, James D. III, article, 146
Morris, Charles H., report, 139
Murray, Mary, ed. mat. review, 128, 356, 358, 361

Neumark-Sztainer, Dianne, article, 329, 335
Nitzke, Susan, research brief, 38; letter to the editor, 186

O'Brien, Mary Ann, article, 341
Olinsky, Chris, GEM, 233C
Olson, Amie, ed. mat. review, 361
Olson, Rita Brennan, GEM, 285A

Paquette, Marie-Claude, article, 320
Parker, Lynn, SNE president's message, 1, 71, 129, 185
Parmenter, Kathryn, report, 269
Partington, Susan, research brief, 38; letter to the editor, 186
Pepper, Julie, ed. mat. review, 128
Pérez-Escamilla, Rafael, article, 152
Perry, Cheryl, article, 329, 335
Peterson, Megan, ed. mat. review, 128
Pobocik, Rebecca S., report, 139

Author Index

Achterberg, Cheryl L., research brief, 43
Ackard, Diann, article, 329, 335
Alexy, Ute, research brief, 94
Amos, Rosalie J., article, 161
Anderson, Jennifer, article, 21, 204; report, 225
Anderson, Molly D., article, 304
Anderson, Pete, ed. mat. review, 290
Andress, Elizabeth L., ed. mat. review, 289
Anliker, Jean, article, 2
Arbeiter, Barbara, GEM, 177
Arnold, Catherine Greenwell, article, 130
Ashraf, Hea-Ran L., GEM, 177
Atallah, Eileen, GEM, 285A

Banz, William J., GEM, 177
Barnard, Neal, article, 314
Barnhart, Carolyn, ed. mat. review, 180
Bauer, Brooke, ed. mat. review, 182
Beardsworth, Alan, article, 296
Benavente, Janet C., report, 139
Bermúdez, Angela, article, 152
Bertron, Patricia, article, 314
Beyers, Joanne, article, 341
Bhandari, Rajika, article, 214
Binkoski, Amy E., ed. mat. review, 236
Bisogni, Carole A., article, 240, 251
Bonello, Harby, article, 152
Bosch, Ann, GEM, 60C
Boudreau, Nancy, report, 139
Bowdish, Elizabeth, research brief, 261
Brown, Guendoline, GEM, 60B
Burden, Trina, report, 104
Byrd-Bredbenner, Carol, GEM, 60A; article, 187
Byrne, Elena M., ed. mat. review, 357

Calamaro, Sarah, ed. mat. review, 356
Carruth, Betty Ruth, article, 146
Chang, Vivian, ed. mat. review, 180
Ciliska, Donna, article, 341
Clark, Lois, GEM, 233C
Clutter, Ann, GEM, 233C
Cohen, Nancy, GEM, 285A
Coker, Janice, ed. mat. review, 127, 360
Coleman, Gayle, GEM, 353A
Coletta, Frances, article, 146
Cook, Laura, article, 14
Crusey, Susan, GEM, 233C
Cunningham, John, GEM, 285A

Daponte, Beth Osborne, article, 72
Davis, Carole A., viewpoint, 111
Davis, Sally, article, 2
Davis, Yolanda, article, 14

Derrickson, Joda, article, 21
Devine, Carol M., article, 320
Donovan, Ursula, article, 341
Drake, Linda, article, 152

Edmonds, Kalia, article, 314
Escobar, Alyson J., viewpoint, 111
Evans, Marguerite, article, 2

Falk, Laura Winter, article, 240, 251
Fang, ChengShun, GEM, 119C
Ferris, Ann M., article, 152
Finckenor, Mary, GEM, 60A
Foote, Ruth Anne, GEM, 233C
Freitick, Elizabeth, ed. mat. review, 126

Gabel, Kathe A., ed. mat. review, 235
Gittelsohn, Joel, article, 2
Glatzmeier, Darlene, GEM, 60C
Goldberg, Jeanne P., article, 304
González, Anir, article, 152
Goode, Jackie, article, 296
Gould, Susan Martin, article, 204
Grasso, Darlene, article, 187
Gray, Angelique Sullivan, report, 56
Gregg, Tami, ed. mat. review, 127
Grein, Teresa, ed. mat. review, 358
Guldan, Georgia S., ed. mat. review, 360

Haas, Bruce, GEM, 353A
Haggans, Carol J., report, 49
Haldeman, Lauren, article, 152
Hampl, Jeffrey S., letter to the editor, 186; GEM, 285b
Haslam, Cheryl, article, 296
Hedley, Margaret, report, 104
Heppes, Joann, SNE president's message, 239, 295
Herringshaw, Doris, GEM, 233A
Himebauch, Lynn, GEM, 353A
Himmelgreen, David, article, 152
Holdsworth, Megan, ed. mat. review, 237
Holdsworth, Michelle, article, 296
Holladay, Lori, ed. mat. review, 181
Holmes, Pat, GEM, 233C
Houston, M. Sue, report, 139
Hurlock, Donna, article, 314

Janowski, Jon, ed. mat. review, 67
Johnson, Diane, GEM, 233C
Johnson, Sarah C., ed. mat. review, 290
Josyula, Arun Kiran, ed. mat. review, 360

Kasik-Miller, Susan, ed. mat. review, 69
Keil, Teresa, article, 296

Kendall, Pat, report, 225
Kersting, Mathilde, research brief, 94
Kissinger, Millie, article, 14
Kloppenburg, Jack R., ed. mat. review, 355
Knieja, Debbie, ed. mat. review, 293
Knous, Barbara Lohse, research brief, 169; ed. mat. review, 181, 182, 292
Kolasa, Kathryn, ed. mat. review, 359
Krummel, Debra, ed. mat. review, 69

Lero, Donna S., report, 104
Lindquist, Dain, ed. mat. review, 358
Livingston, Sally, ed. mat. review, 180
Longo, Mary F., GEM, 233A
Ludeman, Pat, ed. mat. review, 179

Macpherson, Catherine, report, 49
Magnus, Marcia H., GEM, 119A
Marsh, Susan, report, 104
Martin, Judy K., ed. mat. review, 127
Mattson, Christine, ed. mat. review, 127
McKenzie, Jeannie, research brief, 100
McNallan, Julie, ed. mat. review, 356
M.ndez, Ivette, article, 152
Miles, Elizabeth, article, 341
Miller, Barry M., research brief, 100
Miller, Carla K., research brief, 43
Miller, Carol R., ed. mat. review, 68
Mitchell, Diane C., research brief, 100
Moe, Jillian, article, 329, 335
Moran, James D. III, article, 146
Morris, Charles H., report, 139
Murray, Mary, ed. mat. review, 128, 356, 358, 361

Neumark-Sztainer, Dianne, article, 329, 335
Nitzke, Susan, research brief, 38; letter to the editor, 186

O'Brien, Mary Ann, article, 341
Olinsky, Chris, GEM, 233C
Olson, Amie, ed. mat. review, 361
Olson, Rita Brennan, GEM, 285A

Paquette, Marie-Claude, article, 320
Parker, Lynn, SNE president's message, 1, 71, 129, 185
Parmenter, Kathryn, report, 269
Partington, Susan, research brief, 38; letter to the editor, 186
Pepper, Julie, ed. mat. review, 128
Pérez-Escamilla, Rafael, article, 152
Perry, Cheryl, article, 329, 335
Peterson, Megan, ed. mat. review, 128
Pobocik, Rebecca S., report, 139

Podlesny, Jan, ed. mat. review, 235
Potter, Beth, article, 196
Powell, Stacey L., ed. mat. review, 292
Prescott, Linda, ed. mat. review, 180
Priebe, Jennifer, ed. mat. review, 181

Raab, Carolyn A., report, 56
Radcliffe, John D., ed. mat. review, 234
Raine-Travers, Kim, ed. mat. review, 66
Ralston, Penny, article, 14
Rankin, Jo Britt, ed. mat. review, 125
Rankins, Jenice, article, 14
Receveur, Olivier, article, 84
Reed, Cathy, article, 14
Reese, Sandra, ed. mat. review, 356
Reicks, Marla, report, 49, 278; GEM, 60C, 233B
Rodriguez, Judith C., GEM, 60B, 119B
Rogers, Beatrice Lorge, article, 304
Romero-Daza, Nancy, article, 152
Ross, Nancy J., article, 304

Sadowski, Stacey, ed. mat. review, 361
Schafer, Karen, GEM, 233B
Schmidt, Meg M., research brief, 31
Schwab, Allison C., report, 139
Scialli, Anthony R., article, 314
Segura-Millán, Sofia, article, 152
Serrano, Elena, report, 225
Servais, Lisa, GEM, 60C
Shannon, Barbara M., research brief, 100
Sharma, Anjali, article, 2
Shassian, Ali R., GEM, 285B
Shaw, Anne M., viewpoint, 111
Sheeshka, Judy, report, 104; article, 196
Sherratt, Emma, article, 296
Shuford-Law, Jo, article, 14
Sichert-Hellert, Wolfgang, research brief, 94
Sigman-Grant, Madeleine, research brief, 31
Simoneau, Nathalie, article, 84
Skinner, Jean D., article, 146
Smiciklas-Wright, Helen, research brief, 100
Smith, Frank J., article, 214
Sobal, Jeffery, article, 130, 240, 251; research brief, 261
Splett, Patricia L., report, 278
Stang, Jamie, ed. mat. review, 181
Story, Mary, article, 2, 329, 335
Subar, Amy F., ed. mat. review, 291
Sullivan, Catherine S., ed. mat. review, 359
Sundberg, Janet A., GEM, 177

Tagtow, Angela M., article, 161
Tershakovec, Andrew M., research brief, 100
Tomasik, Helen Hale, article, 341
Toporoff, Elanah Greer, article, 2
Touger-Decker, Riva, ed. mat. review, 125
Turl, Cathy, article, 341
Tuttle, Michele M., ed. mat. review, 68

Valaitis, Ruta, article, 196
Voichick, Jane, editor's message, 1, 71, 129, 185, 239, 295

Wallace, Robyn, GEM, 233B
Wardle, Jane, report, 269
Weatherspoon, Lorraine, article, 14
Weinstock, Angela S., ed. mat. review, 236
White, Jean, article, 2
Wilkins, Jennifer L., research brief, 261
Willeford, Catherine, GEM, 233B; report, 278
Wright, Toni Kay, GEM, 177
Wyttenbach, Colette M., ed. mat. review, 291

Zies, Susan, GEM, 233A

Subject Index

ABE. *See* Adult basic education
Abuelas (Hispanic grandmothers) (article), 204–212, 225–231
Adolescents
  breastfeeding education and support program for (article), 139–144
  family meal and (article), 329–334, 335–339
  fat and fiber knowledge of (article), 14–20
  "Optimized Mixed Diet" for (article), 94–99
Adult basic education (ABE) (GEM), 285A
Advertising (article), 187–194
American Indians (article), 2–12
Asians (article), 21–29

Boys & Girls Club programs (GEM), 285B
Breastfeeding
  education and support program for adolescents (article), 139–144
  low-income father's support of (article), 31–36

Calcium (article), 84–93
Caretakers
  informal (article), 104–109
  Latino (article), 152–160
CATCH. *See* Child and Adolescent Trial for Cardiovascular Health
CFSM. *See* Core Food Security Module
Chatelaine magazine (article), 196–203
Child and Adolescent Trial for Cardiovascular Health (CATCH) (article), 49–54
Children
  dietary behavior of American Indian (article), 2–12
  foodborne illness (GEM), 233A
  informal caregivers for (article), 104–109
  interactive homework lessons (article), 49–54
  lower fat diet and costs (article), 100–102
  "Optimized Mixed Diet" for (article), 94–99
  TV advertising to (article), 187–194
  See also Adolescents; Infants; Preschool children
China, education and food consumption in (article), 214–223
Chronic disease risk (article), 14–20
College students (article), 261–267
Colorado (article), 204–212, 225–231
Continuing Survey of Food Intakes of Individuals (CSFII) (article), 38–42
Core Food Security Module (CFSM) (article), 21–29
CSFII. *See* Continuing Survey of Food Intakes of Individuals

Debate format (GEM), 119A
Diabetes mellitus (article), 43–47
Diet
  of American Indian children (article), 2–12
  heart program and (article), 240–250, 251–260
  in menopause, 314–318, 320–327
  optimized mixed (article), 94–99
  self-reported change (article), 296–302
  vegan (article), 314–318
  See also Low-fat diet
Dietary fat. *See* Fat; Low-fat diet
Dietary Reference Intakes (DRIs) (viewpoint), 114–118
Dietitians (article), 161–167
DRIs. *See* Dietary Reference Intakes

Early Experiences and Counseling for Effective Lactation (EXCEL) program (article), 139–144
Editorial, 1, 71, 129, 185, 239, 295
Educational Materials in Review
  Arens, U.: Oral Health: Diet and Other Factors (professional), 125
  B.C. Dairy Foundation: Calcium Calculator (CD-ROM), 293
  Boucher, J., Hayes, M., and Stephenson, J.: No-Fuss Diabetes Recipes for 1 or 2 (cookbook), 127
  Castle, J.: The CookShop Program (educational curriculum), 180
  Chalmers, K.: 16 Myths of a "Diabetic Diet" (consumer), 356
  Dietary Guidelines Alliance: It's All About You (program planning kit), 361
  Driskell, J.A.: Sports Nutrition (professional/consumer), 235
  Fisher, A., Biehler, D., Siedenburg, K., Winne, M., and Zachary, J.: Getting Food on the Table: An Action Guide to Local Food Policy (professional), 67
  Fontenot, B.: Calorie Bingo (educational game), 235
  FOODPLAY Productions: This Is Your Life (videotape), 181
  Geil, P., and Holzmeister, L.: 101 Nutrition Tips for People With Diabetes (consumer), 291
  Germov, J., and Williams, L., eds.: A Sociology of Food and Nutrition: The Social Appetite (professional), 66
  Gershwin, M.E.: Nutrition and Immunology: Principles and Practice (professional), 234
  Hemminger, J.M.: Food Safety: A Guide to What You Really Need to Know (professional), 289
  Hudson, N.R.: Management Practice in Dietetics (professional), 290
  Human Resources Media: Maintaining a Healthy Weight (educational curriculum), 358
  International Food Information Council: Children's Nutrition and Physical Activity Teaching Set (program planning kit), 237
  Kittler, P.G., and Sucher, K.P.: Cultural Foods: Traditions and Trends (professional/consumer), 355
  Knous, B.L.: Problem Based Learning: A Reasonable Approach (educational curriculum), 359
  Linda McDonald Associates: Supermarket Savvy 1999 Brand-Name Shopping List (consumer), 180
  Lowry, E.: Nutrition and Your Heart (slide presentation), 69
  National Cattlemen's Beef Association: Take a Cook on the Wild Side (educational curriculum), 127
  National Health Video: Cardiovascular Nutrition (videotape), 236
  National Health Video: Herbal Supplements: What Works, What Doesn't (videotape), 292
  National Health Video: How to Estimate Food and Fluid Intake (videotape), 181
  National Health Video: New Definition of Diabetes (videotape), 236
  Park, J., Williams, G., and Hermann, J.: Tailoring Nutritional Education to Older Adults (program planning kit), 128
  Partnership for Food Safety Education: Fight BAC! Keep Food Safe From Bacteria (program planning kit), 360
  Reinhardt, P.: Smart Fast Food Meals (consumer), 68
  Roberts, L.D.: Nutrition and Wellness (professional), 179
  Ruggles, MF: Pyramid Planner: The "Alternative Pyramid" (program planning kit), 182

Satter, E: Secrets of Feeding a Healthy Family (consumer), 126
Simon, J.S.: Conducting Successful Focus Groups (professional), 68
Siple, M.: Healing Foods for Dummies (consumer), 356
Sizer, F., and Whitney, E.: Nutrition: Concepts and Controversies (professional), 290
Smith, P: The Energy Edge (consumer), 125
Thomas, P.R.: The Dietary Supplement (professional/consumer), 291
Tornabene, L., and Lowry, E.: Phytochemicals (CD-ROM), 69
Wasserman, D.: Simply Vegan: Quick Vegetarian Meals (cookbook), 357
Wellcome Trust: Topics in International Health: Nutrition (software), 360
EFNEP. *See* Expanded Food and Nutrition Education Program
Elderly (GEM), 233C
Elementary schools (article), 49–54
E-mail
delivery of general course (article), 169–175
on weight management to women employees (article), 56–58
EXCEL. *See* Early Experiences and Counseling for Effective Lactation (EXCEL) program
Exercise. *See* Physical activity
Expanded Food and Nutrition Education Program (EFNEP)
food practices and nutrition knowledge after (article), 130–138
Learning Tool interactive evaluation of (GEM), 353A

Families
adolescents and family meal (article), 329–334, 335–339
See also Low-income families
Fat
adolescents' knowledge on (article), 14–20
dietary (GEM), 60A
See also Low-fat diet
FDA. *See* Food and Drug Administration
FDCs. *See* Food distribution centers
FGP. *See* Food Guide Pyramid
Fiber (article), 14–20
Food
assistance program (article), 72–81
choices among preschoolers (article), 146–151
college students' perception of (article), 261–267
consumption in China (article), 214–223
debate to teach aid (GEM), 119A
intakes of individuals (article), 38–42
local and seasonal (article), 261–267, 304–312
low-fat diet and costs (article), 100–102
pantries versus stamps (article), 72–81
perceptions of American Indian children (article), 2–12
practices after EFNEP (article), 130–138
security (article), 21–29
user-friendly label (article), 152–160
See also Food Guide Pyramid; Fruits and vegetables; Nutrition; Nutrition education
Food and Drug Administration (FDA) (article), 152–160
Foodborne illness (GEM), 233A
Food distribution centers (FDCs) (article), 72–81
Food Guide Pyramid (FGP)
bilingual (article), 152–160
decision-making framework reassessment (viewpoint), 38–42
intake of servings (article), 38–42
Fruits and vegetables
interventions to increase consumption (article), 341–351
purchases of locally grown (article), 304–312

"Go Veggie" decision case (GEM), 233B
Great Grow Along, The (curriculum) (article), 278–283

"Healthy Kids: Germ Free" (resource packet) (GEM), 233A
Heart disease
and dietary fat (GEM), 60A
program (article), 240–250, 251–260
Hispanics (article), 204–212, 225–231
Homework (article), 49–54

ICCGs. *See* Informal child caregivers
IMM. *See* Interactive multimedia
Indians. *See* American Indians
Infants
feeding messages in magazines (article), 196–203
See also Breastfeeding; Women, Infants and Children (WIC) program
Informal child caregivers (ICCGs) (article), 104–109
Interactive homework lessons (article), 49–54
Interactive multimedia (IMM) (article), 204–212, 225–231
Internet (GEM), 60B, 119B, 119C
See also E-mail

Labels
color-coded bilingual (article), 152–160
knowledge test for diabetics (research brief), 43–47
La Cocina Saludable (The Healthy Kitchen) (article), 204–212, 225–231
Latino caretakers (article), 152–160
Learning Tool (GEM), 353A
Letters to the Editor, 186
Literacy. *See* Low literacy
"Live!": Eat Less Fat and More Fiber (curriculum) (article), 14–20
Local foods (article), 261–267, 304–312
Low-fat diet
and food costs (article), 100–102
in premenopausal women (article), 314–318
Low-income families
fathers' support of breastfeeding (article), 31–36
food pantries versus stamps for (article), 72–81
nutrition education for (article), 204–212, 225–231
Low literacy
Latino caretakers (article), 152–160
NIBBLE program (GEM), 285A

MAC. *See* "Make A Change"
"Make A Change" (MAC) program (article), 204–212, 225–231
"Make It Healthy" (MIH) program (article), 204–212, 225–231
Menopause, 314–318, 320–327
Mentoring (GEM), 60B
MIH. *See* "Make It Healthy"
Multimedia education (article), 204–212, 225–231

National Health and Nutrition Examination Survey (NHANES) (article), 14–20
Native Americans. *See* American Indians
NHANES. *See* National Health and Nutrition Examination Survey
NIBBLE (Nutrition Information Bulletin Board and Learning Experience) (GEM), 285A
Northwest Territories (Canada) (article), 84–93
Nutrition
information (article), 187–194
knowledge (article), 14–20, 43–47, 130–138, 269–276
See also Nutrition education
Nutrition education
in Boys & Girls Club programs (GEM), 285B
dietitians' evaluation of materials (article), 161–167
for elderly (GEM), 233C
E-mail delivery of general course (article), 169–175
by Hispanics (article), 204–212, 225–231
for informal child caregivers (article), 104–109
interactive homework lessons (article), 49–54

for low-income families (article), 204–212, 225–231
online mentoring (GEM), 60B
Web page and online response activities (GEM), 119B

Obesity (article), 2–12
OMD. *See* "Optimized Mixed Diet"
"On-Line to Healthy Weighs" (article), 56–58
Online mentoring (GEM), 60B
"Optimized Mixed Diet" (OMD) (article), 94–99

Pacific Islanders (article), 21–29
Pathways obesity prevention project (article), 2–12
Physical activity (GEM), 60C
Poverty. *See* Low-income families
Preschool children
food product choices (article), 146–151
physical activity for (GEM), 60C
President's Message, 1, 71, 129, 185, 239, 295
Produce. *See* Fruits and vegetables

Québec (Canada) (article), 320–327

RDA. *See* Recommended Daily Allowance
Recommended Daily Allowance (RDA) (viewpoint), 113–118

"Safe on Your Plate" (resource packet) (GEM), 233C
Seasonal foods (article), 261–267
Social factors (article), 296–302
Soyfood (GEM), 177

Teenagers. *See* Adolescents
Television advertising (article), 187–194

UFFL. *See* User-friendly food label (UFFL)
User-friendly food label (UFFL) (article), 152–160

Vegetables. *See* Fruits and vegetables
Vegetarian diet
"Go Veggie" decision case (GEM), 233B
in premenopausal women (article), 314–318
Virtual Snack Shop (VSS) (GEM), 119C
Vitamin A (article), 84–93
VSS. *See* Virtual Snack Shop

Web pages. *See* Internet
Weight
management (article), 56–58
See also Obesity
WIC. *See* Women, Infants and Children (WIC) program
Wisconsin WIC program (article), 38–42
Women
with diabetes mellitus (article), 43–47
diet in menopause (article), 314–318, 320–327
E-mail on weight management to employees (article), 56–58
infant feeding messages in Canadian magazine (article), 196–203
Women, Infants and Children (WIC) program (article), 38–42
Worksite (article), 304–312